

Toolbox Talk # 31

STROKES



Company Name:	
Job Name:	
Date:	

Key Points

1. **Strokes on construction sites** can occur due to extreme heat, stress, or underlying health conditions.
2. **Recognizing stroke symptoms**, such as confusion, slurred speech, or numbness, is critical for fast response.
3. **High temperatures and strenuous labor** increase the risk of heat stroke, which can lead to serious complications.
4. **Workers should stay hydrated**, take regular breaks, and seek shade to prevent heat-related strokes.
5. **Employers must educate workers** on stroke warning signs and emergency procedures for rapid medical assistance.
6. **Using the FAST method** (Face drooping, Arm weakness, Speech difficulty, Time to call 911) helps identify strokes quickly.
7. **Co-workers should act immediately** if someone shows stroke symptoms, as every second counts in preventing severe damage.
8. **OSHA emphasizes** the importance of workplace wellness programs, proper rest, and stress management to reduce stroke risks.

Every year, more than **795,000** people in the United States have a stroke.



Top 5 stroke risks...

1. **Heat Stress** – High temperatures can trigger dangerous heat strokes.
2. **Dehydration** – Lack of fluids increases stroke risk significantly.
3. **Overexertion** – Strenuous labor raises blood pressure and stroke chances.
4. **Stress** – High-pressure environments contribute to hypertension and strokes.
5. **Poor Diet** – Unhealthy eating leads to cardiovascular problems and strokes.



1. Am I recognizing the signs of a stroke in myself or others?
2. Am I staying hydrated and managing stress to reduce my risk?
3. Do I know who to call and what to do in an emergency?
4. Is my work environment providing adequate breaks and cooling measures?

Sun beats down,
heat's no joke,
know the signs,
avoid a stroke.

Summary

Strokes on construction sites can be life-threatening, often caused by heat stress, overexertion, or underlying health conditions. Workers should recognize symptoms like dizziness, confusion, and weakness. Staying hydrated, taking breaks, and seeking immediate medical help for stroke signs can prevent severe health consequences.



OSHA focuses on preventing workplace conditions that contribute to strokes, such as heat stress, overexertion, and high physical demands. Construction workers face increased risk due to strenuous labor and extreme temperatures. Employers must implement protective measures to reduce stroke-related hazards and ensure worker safety.

Key Stroke Safety Regulation

29 CFR 1926.51 – Sanitation & 29 CFR 1926.95 – Personal Protective Equipment (PPE)

These regulations require employers to provide adequate drinking water, rest breaks, and protective gear to reduce heat stress and overexertion risks. Proper training on stroke symptoms and emergency response ensures quick action, reducing severe health consequences.





ATTENDEES

STROKE

Print Name:	Signature:

Additional Comments: